



**Coach Caolan MacMahon
USATF, RRCA, Lydiard L1& L2 Certified Running Coach
The Long Run Coaching**

Coaching Questionnaire

Name:

Mailing address:

Email address:

Phone:

Age(Birth date):

1. How long have you been running? Any long breaks?
2. How many miles per week have you averaged over the past 3 months?
3. Have you ever done speed workouts - intervals of a mile or less?
4. Have you ever done tempo runs (a pace based effort of 1/2 hour to an hour) as part of a medium long run?
5. Recent or chronic injuries?
6. Describe any problems with previous training or racing.

7. Most recent racing results - distance pace/time, and date.

8. Describe your current training goals - what are you trying to accomplish and by when?

9. Personal bests: List distance, time, pace, date:

10. Do you have time daily to train? Describe your time constraints. Does this change week to week, or is your schedule fairly constant?

11. Current state of health: Do you have any health concerns?

12. Does your family fully support your running?

13. Running interest: (check off all that apply)

Fitness and fun ___ Recreational or social racing ___ Racing for improved performance ___ Racing for Awards (age group/overall/Boston qualifying) ___ Taking on new challenges ___

15. Do you consider yourself a novice ___ intermediate ___ experienced ___ runner?

16. Do you consider yourself a novice ___ intermediate ___ experienced ___ racer?

Additional comment or concerns?